

Spicy avocado poblano salad

SERVES 4 **TIME** 50 minutes

Roasted chiles, crunchy jicama and radishes, silky avocado, crumbly cheese, and a spicy-sweet dressing make this salad an explosion of flavor and texture. Try it with pork chops or a juicy steak.

4 medium poblano chiles (about 12 oz. total)

2 tbsp. fresh lime juice, divided

1 tsp. kosher salt

¼ tsp. honey

⅛ tsp. cayenne

3 tbsp. avocado, safflower, or canola oil

2 firm-ripe large avocados

8 oz. jicama, peeled and sliced in thin half-moons

¼ cup crumbled cotija cheese

¼ cup toasted pumpkin seeds

4 radishes, cut into matchsticks

1. Preheat oven to broil and set rack 4 in. from heat. Broil poblanos in a rimmed baking pan, turning as needed, until blackened all over, 10 minutes. Let sit on pan until skins are loosened, 15 to 20 minutes.

2. Whisk together 1 tbsp. lime juice, the salt, honey, cayenne, and oil.

3. Pit and peel avocados (see “How to Get the Most from Your Avocado,” below). Lay each avocado half cut side down, rest your hand gently on top, and slide knife through avocado horizontally to make ¼-in.-thick slices. Drizzle with remaining lime juice.

4. Skin, stem, and seed poblanos. Cut into irregular 1- to 2-in. pieces.

5. On each of 4 plates, arrange alternating layers of poblano pieces, avocado slices, and jicama; drizzle with some dressing. Add another layer of poblanos and avocados, drizzle with more dressing, and tuck remaining jicama slices into salads from

the side. Sprinkle with cheese, pumpkin seeds, and radishes.

PER SERVING 327 CAL., 74% (243 CAL.) FROM FAT; 5.5 G PROTEIN; 27 G FAT (4.4 G SAT.); 20 G CARBO (6.1 G FIBER); 397 MG SODIUM; 4 MG CHOL.

Sake soy guacamole

MAKES 1½ cups **TIME** 20 minutes

This is loosely based on a recipe from Hawaiian chef Alan Wong. Serve it with daikon sticks, radishes, or taro chips.

2 ripe medium avocados, pitted

1 serrano chile, seeded and finely chopped

2 tbsp. fresh lime juice

1½ tbsp. each soy sauce and finely grated ginger

1 tbsp. sake

2 tbsp. minced fresh shiso leaves* (optional)

1 tbsp. finely chopped green onion

1 tbsp. toasted sesame seeds

Scoop avocado flesh into a bowl and mash with a fork (leave slightly chunky). Stir in all other ingredients except sesame seeds. Sprinkle with the seeds.

**An aromatic herb; find shiso at Asian markets.*

PER TBSP. 30 CAL., 80% (24 CAL.) FROM FAT; 0.4 G PROTEIN; 2.7 G FAT (0.4 G SAT.); 1.4 G CARBO (0.4 G FIBER); 66 MG SODIUM; 0 MG CHOL.

Avocados with warm bacon parsley vinaigrette

SERVES 4 **TIME** 20 minutes

Crunchy bacon brings out the smokiness of a good Hass avocado, and the sharp vinaigrette helps cut its richness.

½ lb. thin-sliced bacon

2 firm-ripe avocados, each pitted, peeled, and cut into 4 to 6 wedges

3 garlic cloves, minced

2 tbsp. fresh lemon juice

1 tsp. sugar

Kosher salt and freshly ground black pepper

2 tbsp. chopped flat-leaf parsley

1. Cook bacon in a large frying pan over medium-low heat until crisp. Drain on paper towels; let cool. Remove pan from heat and discard all but 2 tbsp. bacon fat. Divide avocado wedges among 4 plates.
2. Heat reserved bacon fat over medium heat. Add garlic, ¼ cup water, the lemon juice, and sugar and simmer 1 minute, stirring. Season with salt and pepper. Stir in parsley and crumble in bacon. Immediately pour over avocado wedges and serve.

PER SERVING 270 CAL., 83% (225 CAL.) FROM FAT; 5.2 G PROTEIN; 25 G FAT (5.7 G SAT.); 8.6 G CARBO (2.5 G FIBER); 213 MG SODIUM; 14 MG CHOL.

Avocado fries

SERVES 6 **TIME** 30 minutes

Crunchy on the outside, creamy and nutty inside, these fries are totally over the top. Chef Trey Foshee, at George's at the Cove restaurant in La Jolla, California, serves them with grilled steak.

Canola oil for frying

¼ cup flour

About ¼ tsp. kosher salt

2 large eggs, beaten to blend

1¼ cups panko (Japanese bread crumbs)

2 firm-ripe medium avocados, pitted, peeled, and sliced into ½-in. wedges

1. Preheat oven to 200°. In a medium saucepan, heat 1½ in. oil until it registers 375° on a deep-fry thermometer.
2. Meanwhile, mix flour with ¼ tsp. salt in a shallow plate. Put eggs and panko in separate shallow plates. Dip avocado in flour, shaking off excess. Dip in egg, then panko to coat. Set on 2 plates in a single layer.
3. Fry a quarter of avocado slices at a time



Hurrah for Hass

The green-skinned, mild-tasting Fuerte was the main avocado back in 1926, when Rudolph Hass, postman and amateur horticulturist, planted an avocado seedling of unknown origin in his grove in La Habra Heights, California.

To his surprise, the tree bore a weird, almost black, pebbly skinned fruit with unusually deep, rich flavor. (The 1940s photo above shows Hass with his wife, Elizabeth, in front of the tree.) Hass never made much money on his name-sake discovery—he died in 1952, having earned only \$5,000 from it—but his tree's offspring now account for 80 percent of avocados worldwide.

Grow your own avocados

Instead of sprouting an avocado pit like a preschool project—the resulting harvest, if any, will take at least 5 years and may not taste very good in the end—buy a young tree. You can grow a Hass in *Sunset* climate zones 16, 17, 19, 21, 23, and 24; for zone explanations and complete growing instructions, see the *Sunset Western Garden Book* or sunset.com/climatezones

Along with an appropriate climate, give your tree enough space (canopies can spread 30 feet); excellent drainage; and enough water so that soil is moist but not wet.

until deep golden, 30 to 60 seconds. Transfer slices to a plate lined with paper towels. Keep warm in oven while cooking remaining avocados. Sprinkle with salt to taste.

PER SERVING 271 CAL., 70% (189 CAL.) FROM FAT; 5.5 G PROTEIN; 21 G FAT (2.6 G SAT.); 16 G CARBO (2.1 G FIBER); 119 MG SODIUM; 71 MG CHOL.

Grilled cilantro chicken with pickled tomato and avocado salsa

SERVES 4 **TIME** 1½ hours, plus at least 1 hour to marinate

Look no further for this season's go-to grilled chicken dish from chefs Mary Sue Milliken and Susan Feniger of Border Grill in Santa Monica and Las Vegas and Ciudad in Los Angeles. They marinate chicken very simply, then spoon an addictive Indian-style pickled salsa on top.

Pickled tomato and avocado salsa

- 1 lb. medium beefsteak-type tomatoes, quartered, seeds squeezed out
- 2 serrano chiles, thinly sliced
- ½ cup each thinly sliced green onions and distilled white vinegar
- 2½ tbsp. packed light or dark brown sugar
- 1½ tsp. kosher salt
- 4 tsp. minced fresh ginger
- 1 tbsp. minced garlic
- 2 tsp. each mustard seeds, freshly cracked black pepper, and ground cumin
- 1 tsp. cayenne
- ½ tsp. turmeric
- ½ cup extra-virgin olive oil
- 2 firm-ripe avocados, cut into ¾-in. chunks

Chicken

- ¼ cup each extra-virgin olive oil and fresh lime juice
- ½ cup chopped cilantro
- 1 tbsp. ground cumin
- ½ tsp. each kosher salt and freshly ground black pepper
- 4 chicken breast halves with bone and skin (2½ lbs. total)

1. Make salsa: In a bowl, combine tomatoes, chiles, and green onions. In a medium saucepan over high heat, bring vinegar to a boil. Add sugar and salt and cook, stirring, until dissolved, about 1 minute. Remove from heat. Put ginger, garlic, and dry spices in a bowl. In another medium saucepan, heat olive oil over medium-high heat until rippling. Add ginger mixture and cook, stir-

ring, until fragrant, 1 minute. Remove from heat, stir in seasoned vinegar, and pour over tomato mixture.

2. Let salsa cool, then cover and chill at least 1 hour and up to 4 hours. About 1 hour before serving, stir avocados into salsa and bring to room temperature.
3. Make chicken: In a large bowl, combine olive oil, lime juice, cilantro, cumin, salt, and pepper. Turn chicken in mixture to coat. Let stand at room temperature, turning occasionally, for 30 to 45 minutes.
4. Prepare a grill for high heat (450° to 550°; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Lift chicken from marinade (discard marinade) and grill chicken (cover gas grill), turning often to prevent scorching, until no longer pink in center, 15 to 20 minutes.
5. Transfer chicken to a platter and spoon salsa on top, saving half of liquid for another use (such as salad dressing).

PER SERVING 746 CAL., 64% (477 CAL.) FROM FAT; 50 G PROTEIN; 53 G FAT (9.2 G SAT.); 23 G CARBO (4.9 G FIBER); 591 MG SODIUM; 129 MG CHOL.

Coconut avocado ice cream

MAKES 1 qt. **TIME** 40 minutes, plus 2 hours to freeze

Silky smooth, luscious, and surprisingly good with chocolate sauce.

2 ripe medium avocados (about 1 lb. total), chilled

¼ cup sugar

1½ tbsp. fresh lemon juice

1 can (14 oz.) sweetened condensed milk

1 can (13.5 oz.) coconut milk*, chilled

1. Pit avocados. Scoop flesh into a food processor, add sugar and lemon juice, and whirl until smooth. Add sweetened condensed milk and coconut milk and whirl to blend.

2. Pour mixture into an ice cream maker and freeze according to manufacturer's instructions. Freeze a metal bowl.

3. Scrape ice cream into cold bowl. Cover and freeze until firm enough to scoop, about 2 hours.

*For a delicate flavor, buy real coconut milk. For a bigger coconut hit, buy a product made with coconut extract.

Make ahead: Freeze airtight up to 2 weeks.

PER ½-CUP SERVING 354 CAL., 56% (198 CAL.) FROM FAT; 5.8 G PROTEIN; 22 G FAT (13 G SAT.); 38 G CARBO (1.2 G FIBER); 74 MG SODIUM; 17 MG CHOL. ■